References:

Bhimani, N. T.; Kul karni, N. B.; Kowale, A. and Salvi, S. (2011). Effect of pranayama on stress and cardiovascular autonomic function. *Indian J Physiol Pharmacol.* 55(4): 3070-3077.

Harris, B.S. (1980). The Effects of Relaxation Training on the Stress Levels of Female Athletes. Completed Research in Health, physical Education Recreation, and Dance. Volume 28, pp 108.

Kirsanoff, M.T. (1987). Life Stress and Social Support as Predictors of Athletic Injury. Completed Research in Health, Physical Education, Recreation and Dance. Volume 31.

Kulkarni, D.D. (2007). Effect of Vastadhauti on Stress and Peripheral Immune Response a per Experimental Study. Yoga Mimamsa. vol. 39, pp.3. & 4.

Michalsen, A., Grossman, P., Acil, A., Langhorst, J., Ludtke, R., Esch, T., Stefano, G.B. & Dobos GJ. (2005). Rapid Stress Reduction and Anxiolysis Among Distressed Women as a Consequence of a Three – Month Intensive Yoga Program. Med Sci Monit, 11, 555 – 561.

Praveena, kumar, S. G.; Bujurke, A.G. and Rathod, Laxmikanth (2011). Effect of yogic pranayama and meditation on selected physical and physiological variables. *Asian Journal of Physical Education and Computer Science in Sports*. Volume.4, No.1 pp74-76.

Robson, R. (2011). A critical assessment of the acute effects of yoga and cardiovascular exercise on markers of mood and stress. *Journal of Yoga Physical Therapy.* 1:105.

Santosh, K, Kohnit, and Batani, D, (2005). Impact of Yogic Shatkriyas and Pranayamas on Stress of Senior Secondary Students. Yoga Mimamsa Vol. 37 No. 1 & 2.

Sethi, Jasobanta; Sandhu, Jaspal Singh and Imbanathan, Vijay (2011). Effect of Body Mass Index on work related musculoskeletal discomfort and occupational stress of computer workers in a developed ergonomic setup. *Sports Medicine, Arthroscopy, Rehabilitation, Therapy & Technology*. 3:22

Sharma, P; Kendrick, k; Daniel, R. (2009) effect of Hatha yoga on stress and recovery of Feale collegiate Athletes International journal of exercise science: conference abstract submission. Vol. 2: Iss. I, Article 30.